



ARF: Did YOU Get 60 Minutes Today?



PHYSICAL ACTIVITY TRACKING POSTER

School/Organization: _____	Date: _____						
Coordinator Name: _____	Phone: _____						
Name or ID	1	2	3	4	5	6	7
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Directions: If students acquire 60 minutes of activity on Friday place an "X" in the box for the corresponding week. Students must complete at least 5 of the possible 7 weeks to receive a ribbon.



Return this poster to ARF Headquarters when both sides are complete.
301 Centennial Mall South P.O. Box 95044
Lincoln, NE 68509-5044

run bike climb swim walk skate crawl dance hike jump swing chase stretch lift kick throw hop catch hit dig bounce jog play roll